



JANUARY 2015

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A large, leafless tree stands in a grassy field under a clear blue sky. The foreground is covered in dry, brown grass and fallen leaves. In the background, there are other trees and a fence line.

City of
Somerville
Council on Aging

The seal of the City of Somerville, Massachusetts, is a circular emblem. It features a central illustration of the Old Powder House, a small, round, stone building with a conical roof and a flagpole on top. The text around the inner border of the seal reads "MUNICIPAL FREEDOM GIVES NATIONAL STRENGTH" at the top, "TOWN 1842" on the left, "CITY 1872" on the right, and "1838" at the bottom. Below the central illustration, it says "HONORABLY PURCHASED FROM PAWLUCKETTS" and "SOMERVILLE, MASS." at the very bottom.

Cross Street Hosts Successful Multicultural Day

[illegible]

A Good Way to start the Day!

At this time of year, we really need to thank Alice McDonnell and Marie Linscott. Our very successful **Annual Bazaar** couldn't have happened without their help.

Message from the Mayor

Contacts & Information

Happy New Year to one and all!

What a year it has been! I have to say that the "Year in Review" issue of this newsletter has always been one of my favorites. It's such a great reminder to all about the amount and variety of programming the COA does every day throughout the year.

It was great to see the number of events with a focus on wellness. Add to that the cultural, educational, and social programming---as well as the number of new collaborations with other agencies---and it's easy to see why Somerville's older adults stay so busy.

No doubt it was a terrific year. Just a glance inside this newsletter and I can tell that the programs will keep on coming and the energy and enthusiasm will continue to grow well into 2015 and beyond.

As always, I wish you health and happiness throughout the year.



EXECUTIVE DIRECTOR

Cindy L. Hickey

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Janine Lotti ▪ Senior Project Manager

Chris Kowaleski ▪ Health and Wellness Coordinator

Maureen Bastardi ▪ Outreach Coordinator

Kim Moss ▪ Ralph and Jenny Director

CROSS STREET CENTER

165 Broadway ▪ 617-625-6600, ext. 2335

Tuesday & Wednesday 9 a.m.-3 p.m.

HOLLAND STREET CENTER

167 Holland Street ▪ 617-625-6600, ext. 2300

Monday - Friday 9 a.m.-3 p.m.

RALPH & JENNY CENTER

9 New Washington Street ▪ 617-666-5223

Monday-Thursday 9 a.m.-3 p.m.



LGBT Events and Calendar



Monthly Lunch – The next LGBT lunch is on Monday, January 12th at 11:30 a.m. Somerville Cambridge Elder Services will provide a hot or cold lunch – suggested contribution of \$2.00 – **RSVP required no later than 2:30 P.M. Thursday, January 8th.** This event happens the 2nd Monday of every month excluding City Holidays and snow emergencies.

Advisory Group – Our next Advisory Group meeting will be on Monday, January 12th at 4:30 P.M. We are looking for new members and would love to have you as part of our group. This group meets the 2nd Monday of every month excluding City Holidays and snow emergencies.

Dinner & Movie – There is no LGBT Dinner & Movie night in January because the 3rd Monday falls on a City holiday – Martin Luther King Day. This event happens the 3rd Monday of every month excluding City Holidays and snow emergencies.

***If you require additional information** please contact Maureen Bastardi at 617-625-6600 Ext. 2316 or email her at MBastardi@Somervillema.gov

LBT Women Fit-4-Life - Fitness and Nutrition Classes. Classes are Tuesday and Thursday evenings starting at 6:00 P.M. \$10 a month fee - scholarships available & it just might be covered under your insurance. We have available slots and would love to have you. If you have any questions or require additional information, contact our Health & Wellness Coordinator, Chris Kowaleski at 617-625-6600 x2300.

2015 Calendar

LGBT Lunch at 11:30 A.M.

LGBT Advisory Group at 4:30 P.M.

Monday

January 12th

February 9th

March 9th

April 13th

May 11th

June 8th

July 13th

August 10th

September 14th

October – Columbus Day Holiday

November 9th

December 14th

LGBT Dinner & Movie Night at 5:30 P.M.

Monday

January - MLK Day Holiday

February - President's Day Holiday

March 16th

April- Patriot's Day Holiday

May 18th – No Dinner & Movie - Atrium NOT available

June 15th

July 20th

August 17th

September 21st

October 19th

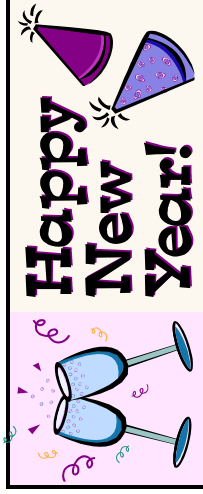
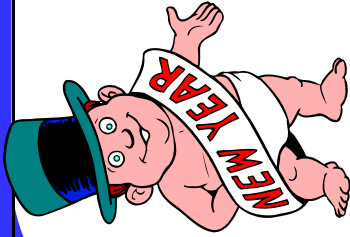
November 16th

December 21st

JANUARY

2015

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



<p>9:30 Monthly Breakfast (H)</p> <p>10:30 Moonlighters (H)</p> <p>11:30 Lunch (H)</p>	<p>5</p> <p>10:00 English Conversation (C)</p> <p>10:00 Cards (R)</p> <p>10:00 Scarves for Soldiers (R)</p> <p>10:30 Men's Group (H)</p> <p>11:30 Lunch (R), C</p> <p>12:00 Computer tutorial with Norbert (by appointment only) (H)</p> <p>12:45 Bingo (R)</p>	<p>7</p> <p>10:00 English Conversation (C)</p> <p>11:30 Lunch (R), C</p> <p>12:45 Bingo (R)</p> <p>1:00 Whist (H)</p> <p>1:01:00 Bowling at Flatberad</p>	<p>8</p> <p>10:00 Current Events (H)</p> <p>10:00 Cards (R)</p> <p>10:00 Blood Pressure (R&J)</p> <p>10:00 Knitting Scarves for Soldiers (R)</p> <p>11:00 Computer tutorial with Barbara (by appointment only) (H)</p> <p>11:30 Lunch (H, R)</p> <p>12:45 Bingo (R), H</p>	<p>9</p> <p>10:00 Book Club (H)</p> <p>11:30 Lunch (H)</p> <p>12:45 Bingo (H)</p>
<p>12</p> <p>Veterans (H)</p> <p>Moonlighters</p> <p>Lunch (H)</p> <p>LGBT Congregate Meal (H)</p> <p>LGBT Advisory Group (H)</p> <p>Atlantic City</p>	<p>13</p> <p>10:00 English Conversation (C)</p> <p>10:00 Scarves for Soldiers (R)</p> <p>10:00 Cards (R)</p> <p>10:30 Low Vision (H)</p> <p>11:30 Lunch (R), C</p> <p>12:00 Computer tutorial with Norbert (by appointment only) (H)</p> <p>12:45 Bingo (R)</p>	<p>14</p> <p>10:00 English Conversation (C)</p> <p>11:30 Lunch (R), C</p> <p>12:45 Bingo (R)</p> <p>1:00 Whist (H)</p> <p>1:00 Bowling at Flatberad</p>	<p>15</p> <p>10:00 Current Events (H)</p> <p>10:00 Blood Pressure (H)</p> <p>10:00 Cards (R)</p> <p>10:00 Knitting Scarves for Soldiers (R)</p> <p>11:00 Computer tutorial with Barbara (by appointment only) (H)</p> <p>11:30 Lunch (H, R)</p> <p>12:45 Bingo (H,R)</p>	<p>16</p> <p>10:30 Brain Games (H)</p> <p>11:30 Lunch (H)</p> <p>12:45 Bingo (H)</p>
<p>19</p> <p>All Centers Closed</p> <p>Martin Luther King, Jr. Holiday</p>	<p>20</p> <p>10:00 English Conversation (C)</p> <p>10:00 Scarves for Soldiers (R)</p> <p>10:00 Cards (R)</p> <p>11:30 Lunch (R), C</p>	<p>21</p> <p>10:00 English Conversation (C)</p> <p>11:30 Lunch (R), C</p> <p>12:45 Bingo (R)</p>	<p>22</p> <p>10:00 Current Events (H)</p> <p>10:00 Cards (R)</p> <p>10:00 Blood Pressure (R&J)</p>	<p>23</p> <p>11:30 Lunch (H)</p> <p>12:45 Bingo (H)</p>
<p>1</p> <p>All Centers Closed</p> <p>Happy New Year!</p>	<p>2</p> <p>11:30 Lunch (H)</p> <p>12:45 Bingo (H)</p>			

	11:30 Lunch (R), C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (R) 6:00 Caregivers Support (H)	1:00 Whist (H) 1:00 Bowling at Flatberad	10:00 Knitting Scarves for Soldiers (R) 10:00 Hearing Screening (R) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, R) 12:45 Bingo (H,R)	
26	10:30 Moonlighters 11:30 Lunch (H) Dance at Holiday Inn	10:00 English Conversation (C) 10:00 Scarves for Soldiers (R) 10:00 Cards (R) 11:30 Lunch (R), C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (R)	27	28
	Culinary Arts	10:00 English Conversation (C) 11:30 Lunch (R), C) 12:45 Bingo (R) 1:00 Whist (H) 1:00 Bowling at Flatberad Hanscom AFB	29	30
			11:30 Lunch (H) 12:45 Bingo (H)	

To sign up for Council on Aging events or classes, Please call (617) 625-6600, ext. 2300. Somerville residents shall receive registration priority on all trips. Non-residents may request to be placed on a waiting list and if openings exist on a trip, non-residents may be able to register. Proof of residency may be required. In all cases, participants are not considered enrolled in a class or event list until deposit payment in full is rendered.

WEEKLY EXERCISE CLASS SCHEDULE

Monday: Wii Bowling, Noon, Free (H); *Fit 4 Life C, 1:00 p.m., (H)

Tuesday: Strengthening, 9:15 a.m., \$3 per class (H); Dalcroze Eurhythmics, 1:00 p.m., \$2/class (H); *LBT Fit4Life, 6:00 p.m. (H)

Wednesdays: *Fit 4 Life A, 8:45 a.m./B, 9 a.m./C, noon (H); Zumba 4 All, 5:15 p.m., \$3/class (H)

Thursdays: Strengthening, 9:30 a.m., \$3 per class (R) ; *LBT Fit 4 Life, 6:00 p.m. (H)

Fridays: *Fit 4 Life A, 8:45 a.m./B, 9:55 a.m.

***All Fit 4 Life classes cost \$10/month and require pre-registration**

KEY TO ABBREVIATIONS

H: HOLLAND STREET

C: CROSS STREET CENTER

RJ: RALPH & JENNY CENTER

Trips!



Veterans



Parties at WHYC



Clay Classes with Mudflat



Aging Mastery



Health Fair



Picnic Fun with Teen Empowerment



East Somerville Peace Quilt



Learning About Social Media



Fitness Classes

Strengthening with Geoff (\$3 per class/\$25 for 10 weeks)

Tuesday	9:15-10:15 a.m.	Holland Street
Thursday	10:00-11:00 a.m.	Ralph & Jenny

Bowling (\$10 per week includes shoe rental and dues)

Wednesday	1:00-3:00 p.m.	Flatbread/ Sacco
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Wii Bowling League (Free)

Monday	12:00-1245 p.m.	Holland Street
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Dalcroze Eurhythmics (\$2 per class)

Tuesday	1:00 p.m.	Holland Street
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Zumba for All (\$3 per class; \$15 for 6 classes)

Wednesday	5:15—6:15 p.m.	Holland Street
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Keep Moving: Everyday Exercises for Older Adults

Sun/Tues	12:30 p.m. & 7:30 p.m.
Thursday	12:30 p.m.

City TV 13 (RCN), 22 (Comcast) Educational Channel 15

Fit-4-Life Fitness and Nutrition Program

- ♦ *Open to all 55+ Wed. and Fri. mornings and Mon. and Wed. afternoons at Holland Street.*
- ♦ *Open to Lesbian, Bisexual, and Transgender women 55 and older Tues. and Thurs. evenings at Holland Street.*

Contact Chris at (617) 625-6600, ext. 2315.

Note: If you are not able to pay for an exercise class due to financial hardship, scholarships may be available.

The COA reserves the right to cancel classes that are under-enrolled and to change dates, times and locations when necessary.

Somerville Council on Aging

Somerville Community Service Center

167 Holland St.

Somerville, MA 02144

617-625-6600 ext. 2300

WWW.SOMERVILLEMA.GOV/DEPARTMENTS/COUNCIL-ON-AGING

WWW.FACEBOOK.COM/SOMERVILLECOA ▪ [@SOMERVILLECOA](https://www.instagram.com/SOMERVILLECOA)